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usgf

NEWS

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PAN AMERICAN CHAMPIONS

United States Gymnastics Federation

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EDITORIAL: NOVEMBER, 1975

The Pan-American Games are history. Our women's team did a magnificent job of winning the team title . . . one-two-three in the all-around, and to finish off the task, winning all sixteen of the medals in the finals. You would have had to be there to understand the pressures placed upon them. I for one shall not forget the performances of Diane Dunbar and Roxanne Pierce when they worked amidst the boo's and whistles of more than 10,000 people even though the noise was based on a previously given score for a gymnast from another nation.

The men's team came from behind after a nearly flawless team performance in the compulsories to win the team title and bring that coveted gold medal back to the United States. It has been a long time since a team worked as well, as a team and hats off to the men and women who represented us as competitors, coaches and judges in the 1975 Pan-American Games.

The First (official) WORLD CUP was held in London, England just a few days after the closing of the Pan-American Games. The F.I.G. now officially sponsors this event which the USGF started in 1969, and it is to be held every two years and the host nation MUST invite the top twelve from the previous World Champ's or Olympic's. In that rule they more or less spoiled the idea we had in the late sixties. The performances in London were excellent and Turiahova looked better than ever, but the East Germans did not show up; leaving the women's meet almost a totally USSR competition. (One girl from Hungary, two from Romania). It just didn't seem to be a World Cup in national involvement. Hats off, however, to the hosts from Great Britain . . . they left no stone unturned and really turned on the efficiency and hospitality to make the event a success with the crowd.

This years USGF Congress is the 10th annual Congress and marks a milestone in the development of our sport. Of some historical interest is the fact that across the street from the Marriott Hotel in Denver, Colorado is the very Howard Johnsons Motel where 37 people met in 1965 to discuss gymnastics and the potential of a meeting without any equipment or competitors to worry about. Last year we had 625 in attendance. The Congress remains a vital part of our national program.

The White House has appointed a Special Commission on Olympic Sports, that is conducting hearings with the USOC, and in a few months will conduct similar hearings on governing bodies. They will report to the President on their findings and recommendations following the 1976 Olympic Games. Mr. Mike Harrigan, Ex. Dir. of the Commission is guest speaker at the USGF Congress banquet . . . this year.

The USGF will host the USSR demonstration team on tour again in December. Then the last three days of January, the USSR will come back to the USA but this time for competitions . . . and our Olympic qualification match, now set for Penn. State on January 28-30-31st, 1976. Romania will tour the USA from February 19th through March 2nd . . . and the FIRST ANNUAL AMERICAN CUP will be held at Madison Square Garden, March 27-28th. Then we'll take a breath and get ready for Montreal.

For the US Gymnastics Federation:

Frank L. Bare, Executive Director

PAN AMERICAN GAMES MEXICO CITY 1975

PAN AMERICAN GAMES MEXICO CITY 1975

In one of the most thrilling competitions ever held, our Women and Men Gymnasts won a Double victory at the Pan American Games in Mexico City, Sept. 18-23, 1975.

This story really started 4 years ago in Cali, Colombia at the 1971 Pan American Games. At that time the Women's Team was strong and had little trouble winning their competition although the problems were easy. The Men's Team was in trouble because another team had been selected to go to Europe to compete in France and Romania. Unfortunately this was not a second team but was composed of some men who should have been on the Pan American Team. At the time, it was felt that since we had never lost in Gymnastics at the Pan American Games, the competition was weak and we did not need our best team. The Cuban Team proved to be a good team and our boys suffered many breaks in the compulsory and the judging left much to be desired with our team getting undisciplined and the Cuban Team getting overcoached. And we lost. After the competition, The Pan American Gymnastics Federation was formed. Cuba, with the support of the Spanish speaking countries won the Presidency and the position of Secretary in addition to the Men's Technical Director as well as the Women's Technical Director. In other words, every position in the Pan American Confederation was held by a Cuban. The other countries woke up later and it was evident that there was a Cuban Federation, no constitution and in fact we had no correspondence from them in the 4 years.

From the day that Lt. Col. Karl Schwennstetter was elected Coach of the 1975 Pan American Gymnastics Team with Gili Reinshelm as Asst. Coach Manager, pressures were brought to bear on having the best team available represent the United States in Mexico City. Coach Schwennstetter was well aware of the results at Cali in 1971 and the construction of the Pan American Federation. He was instrumental in including the Pan American exercises in the USGF Elite Championships. In addition to the Montreal Coaches. After the semi-Final Trials he continued to write to all candidates stressing the importance of the Pan American Games.

He recommended top judges for the Games. The United States Olympic Committee said that they would send one judge for each sex. After a long passage of time during which we had asked for two judges for each sex to match other countries did we get an agreement. Later we were told that unless we had a letter from the organizing committee that they would not send any judges. After our tears left for Mexico, Coach Schwennstetter called us to say that now Cuba had 4 judges and that we should have at least four. We then assigned 3 more Male Judges and now had, Jerry Wright, Ted Mazyorko, Leo Samway and Don Nelson and we had the potential of using our Manager Gili Reinshelm, and our Delegate Frank Gurnasky in the event Cuba had 6 judges. We assigned one more Female judge and now had, Jackie Fie, Sharon Vallee, Cons Wachtel and our Manager Greta Treiber to match the Cuban total of 4 judges. The USOC did not pay for these extra judges.

Mr. Wern, Executive Director of the USGF, and Committee Director of FIS, in charge of the Western Hemisphere, and Mr. Gurnasky, Delegate from the United States to the Games arrived before the competition to attend the Pan American Congress. During these meetings which lasted from 9:00 A.M. to 9:30 P.M. we were able to get our 4 Women judges and 4 Men judges to officiate which offered a much better chance than 2 judges since Cuba had 4 judges.

Finally the first day of competition arrived. Everything had been done to produce the best two teams available. Coach Dale Flansburg and Asst. Coach/Manager Greta Treiber had a fine team that they trained well. The judges were all experienced and the girls proceeded to get away to a approximate 7 point lead after the compulsories. It was a great team effort. It was amazing to hear the Men's Technical Director of the Pan American Confederation display graphs that were supposed to show that the Cubans were not treated fairly in the judging. After the first day, we saw no more graphs.

The Men's Combination started the next day and our boys were well prepared. Nothing in the way of preparation, Coaching, Training, Judging had been overlooked. The Cubans had an excellent team and when the single had cleared away, we were just 0.90 points behind the Cubans. It was a battle to be remembered. The Cubans did not have as solid a team as we had. Here is one event, the Horizontal Bar, in which Ted Mazyorko of the USA was Head Judge.

This gives you an idea of the judging, for example if the Cuban judged alone, Cuba would have won the Horizontal Bar 47.80 to 45.80 (2.00 points which is ridiculous).

USA	Horizontal Bar				Compulsories	JUDGES	
	Head	1	2	3		Avg.	
Werner	9.3	9.2	8.9	9.0	9.10	9.10	H - Mazyorko - USA
Conner	9.7	9.4	9.5	9.9	9.45	9.45	1 - Samway - Venezuela
Kornmann	9.4	9.2	9.3	9.9	9.25	9.25	2 - Portocarrero - Ecuador
Thomas	9.6	9.5	9.4	9.2	9.50	9.50	3 - Rodriguez - Cuba
Tisdell	9.7	9.4	9.4	9.0	9.40	9.40	
Whelan	9.7	9.5	9.3	9.3	9.40	9.40	
						47.00	
CUBA							
Leao	9.5	9.4	9.4	9.6	9.45	9.45	
Rodriguez	9.3	9.4	9.2	9.6	9.25	9.25	
Poché	9.3	9.3	9.4	9.5	9.30	9.30	
Ange	9.2	9.3	9.9	9.4	9.25	9.25	
Troada	8.9	9.2	9.0	9.4	9.40	9.40	
Guerra	9.5	9.5	9.5	9.7	9.50	9.50	
						48.85	

On the 30th the Women's Optionals started and our Women were in a breeze with the final totals being —

USA 367.30
Cuba 354.25
Mexico 352.15

This was a fine victory for our Girls, a total team effort all the way. Mexico showed marked improvement. Ann Carr, Rosanna Pierce and Colleen Casey finished 1, 2, 3 in the all-around to sweep all the medals.

The Men's Optionals were something else again. It was evident from the changed atmosphere that this far was going to fly. This day was without a doubt the most exciting that I ever witnessed in gymnastics. Our Men started with a bye while the Cubans started on the Parallel Bars. Our first event was the Floor Ex, while Cuba scored a 44.80 on the Bars and we scored a 45.80 and

picked up a point (remember that we went into the Optionals \$400 behind). The Cubans then scored 46.05 on the Horizontal Bar but we scored 45.65 on the Pommel Horse and lost \$40 and was now \$20 behind for the two days. The Cubans then scored 45.70 on the Floor as we scored 47.05 on the Rings, and we now led by One Point! Now came the turning point with 2 Cubans breaking on the Pommel Horse for a 45.25 Total while we scored a 46.65 in Vaulting. This gave us a lead of 2.70 points and brought a sigh of relief, however we lost 1.55 of this lead as Cuba scored 47.20 on the Rings while we scored 46.65 on the P. Bars. Now the pressure is on the boys as never before, Cuba is noted for their vaulting and we are on the slalom Horizontal Bar with a lead of 1.95. We matched them man for man and scored a great 46.85 to their 46.35 to win by 1.65. Looking real hard at all the ingredients

that went into this dual victory — The Girls, their Coaches, their judges pooled their talents for a super victory. The Men likewise did a super job, however, with all their talents and hard work, they needed the talents of Frank Bass who struggled to make the competition a fair one. He argued for fairness for all countries and did an outstanding job for FIG and for gymnastics.

The Finals were a run-away for the Girls winning the twelve medals awarded with one Cuban girl tying for third on the Uneven Bars. Ann Carr proved to be the outstanding star of the meet. The Men won 10 of the 18 medals awarded at their Finals. Cuervo from Cuba who is an outstanding gymnast was most of the medals but was awarded too high of a score on the P. Bars and the Horizontal Bar. The United States was happy to go home with 28 medals in gymnastics in a total team effort.

FINALS WOMEN

VAULTING

Name	Country	Pre-Lim	Final	Total	Place
C. Casey	USA	9.775	9.40	19.725	1
D. Willock	USA	9.300	9.30	18.675	2
R. Pierce	USA	9.250	9.25	18.600	3
A. Sanchez	CUB	9.050	9.20	18.250	4
H. Sanchez	MEX	9.100	9.10	18.200	5
I. Fonseca	CUB	8.775	8.90	17.775	6

UNEVEN BARS

A. Carr	USA	9.100	9.45	18.550	1
R. Pierce	USA	9.100	9.45	18.550	1
D. Dunbar	USA	8.950	9.40	18.350	3
W. Hoot	CAN	8.875	9.25	18.125	4
J. Fonseca	CUB	8.900	9.20	18.100	5
V. Cuervo	CUB	8.900	9.20	18.100	5

BALANCE BEAM

A. Carr	USA	9.300	9.50	18.800	1
C. Casey	USA	9.300	9.40	18.700	2
R. Pierce	USA	9.050	9.40	18.450	3
D. Martinez	CUB	8.875	9.30	18.175	4
V. Cuervo	CUB	8.625	8.95	17.575	5
F. Garcia	MEX	8.550	8.35	17.300	6

FLOOR EXERCISE

A. Carr	USA	9.425	9.55	18.975	1
D. Howard	USA	9.450	9.50	18.950	2
V. Cuervo	CUB	9.300	9.40	18.700	3
R. Pierce	USA	9.400	9.30	18.700	3
K. Kistall	CAN	9.350	9.20	18.550	5
F. Garcia	MEX	9.300	9.10	18.400	6

PAN AMERICAN GAMES

MEN'S FINALS

FLOOR EXERCISE

Rocha	Cuba	9.250	0.00	18.250	6
Leon	Cuba	9.275	0.00	18.225	4
Thomas	USA	9.025	0.10	18.125	5
Conner	USA	9.325	0.25	18.075	3
Quervo	Cuba	9.350	0.30	18.050	2
Rosenman	USA	9.300	0.40	18.700	

POMMEL HORSE

Leon	Cuba	9.425	0.25	18.755	1
Thomas	USA	9.300	0.30	18.600	2
Rodriguez	Cuba	9.125	0.40	17.525	3
Quervo	Cuba	9.125	0.15	18.275	5
Aveser	USA	9.100	0.10	18.200	6
Whelan	USA	9.075	0.25	18.325	4

RINGS

Quervo	Cuba	9.625	0.25	18.875	1
Leon	Cuba	9.575	0.40	18.975	1
Conner	USA	9.475	0.30	18.775	3
Ango	Cuba	9.425	0.20	18.625	4
Whelan	USA	9.400	0.25	18.625	4
Aveser	USA	9.375	0.15	18.525	6

VAULTING

Rowle	Cuba	9.375	0.75	18.125	5
Whelan	USA	9.375	0.27	18.645	4
Waltman	Canada	9.250	0.80	18.100	6
Thomas	USA	9.575	0.20	18.775	2
Aveser	USA	9.475	0.25	18.725	3
Quervo	Cuba	9.500	0.35	18.650	1

P. BARS

Conner	USA	9.200	0.20	18.400	4
Aveser	USA	9.375	0.00	18.225	5
Ango	Cuba	9.050	0.70	17.750	6
Leon	Cuba	9.475	0.40	18.875	1
Whelan	USA	9.300	0.40	18.700	2
Quervo	Cuba	9.375	0.20	18.525	3

HORIZONTAL BAR

Rodriguez	Cuba	9.350	0.20	18.550	5
Conner	USA	9.375	0.20	18.575	4
Leon	Cuba	9.325	0.00	18.125	6
Quervo	Cuba	9.500	0.65	18.150	1
Whelan	USA	9.425	0.50	18.925	2
Thomas	USA	9.475	0.40	18.875	3



VICTORY ! ! ! !



Uneven Bars - Carr & Pierce tied for first - Dunbar - 3rd.



Floor Exercise- 1st Carr, 2nd Howard
3rd tie-Pierce & Cruzata, Cuba.



FLOOR EXERCISE: 1st - Kormann
2. Cuervo - Cuba 3rd - Conner.



VAULTING: 1st - Casey 2nd Wilcox,
3rd - Pierce.



Kormann on the Pommel Horse

PAN AMERICAN TRIALS FOR MEN

SEPTEMBER 26, 27, 1975

University of Illinois (Chicago Circle)

The first Pan American Trials to select the team to represent the United States in Mexico City was a resounding success with the Chicago Circle Gymnasium filled with more spectators than ever before. Despite the fact that some of our top gymnasts were missing (Wayne Young, Steve Hug, and John Crosby), the seven men who made the team will represent the United States well, and we hope to win in Mexico City.

The compulsory exercises were contested on Friday, Sept. 26 with 58 entries from the semi-final trials. Gene Whalen of Penn State won the compulsories with a total of 55.80 or a 9.35 average. Bart Conner, the USOP 1975 Co-Champion, a high school boy from Niles West High School, was 2nd with 55.30. A pleasant surprise was Kurt Thomas of Indian State in 3rd place with 55.10. Marshall Aigner was 4th with 54.75, 5th was Glenn Tidwell of Southern Illinois with 54.60, 6th was Brent Simmons, who is now teaching at Moline High School in Moline, Illinois

with 55.85, and 7th was Jim Belock of Southern Illinois with 52.65. Jim had only been working for 3 weeks because of a badly broken arm. He gave it a valiant try and if it weren't for a 6.50 on the Pommel Horse he might have made the team. An 8.20 could have done it although to be fair to Pete Kornmann, he had a bad meet and will do much better in Mexico.

Clarence Johnson, Gymnastics Coach at Circle, together with the Circle committee did an outstanding job in hosting the meet. Each of the two nights took about 2 hours. The boys were divided into two groups, 8 in each group. This was the first time that two judges worked each event in a trial of this magnitude. The judges sat apart and had to agree within the normal tolerance allowed between the two middle scores used in the 4-judge system. The Olympic Committee had made this decision with the idea that 2 judges that they selected would be better than 4 judges, if they had to go with judges of lesser caliber. Bill

Rosenthal, Ted Mulvaney, Jerry Wright and Frank Curdsey were the judges.

It appeared that most of the boys had worked hard on the compulsories, which are very easy but slight mistakes are penalized hard. Only Pete Kornmann failed to average at least 9.00. The boys as a group did not appear ready for the optional since September is early in the season for them but with 3 weeks to work as a team, they should round into shape.

Coach Lt. Col. Karl Schwennfeier and Asst. Coach/Manager Bill Rosenthal were highly pleased with their team that will represent the United States. Some good gymnasts did not make the team and we congratulate them for their enthusiasm and hope that they will be on future teams.









KURT THOMAS



GLENN TIDWELL

PAN AMERICAN GAMES FINAL TRIALS

COMPETITORS								TOTAL SCORE	PLACE	
1	GENE WHELEN	PAN-AM	8.05	8.20	8.20	8.10	8.63	8.60	55.80	111.1
		OPTIONAL	8.25	8.00	8.40	8.75	8.25	8.70	55.35	
2	KURT THOMAS	PAN-AM	8.00	8.40	8.65	8.25	8.30	8.50	55.10	110.3
		OPTIONAL	8.90	8.30	8.10	8.95	8.55	8.45	55.25	
3	MARSHALL AVENER	PAN-AM	8.85	9.20	9.30	9.05	8.35	8.95	54.70	109.6
		OPTIONAL	9.30	9.20	8.90	8.95	9.40	9.20	54.95	
4	BART CONNER	PAN-AM	9.20	8.80	9.25	9.10	9.65	9.30	55.30	109.2
		OPTIONAL	9.15	7.85	9.05	9.00	9.55	9.35	53.95	
5	BRENT SIMMON	PAN-AM	9.20	8.10	9.35	9.10	9.15	8.95	53.85	108.65
		OPTIONAL	8.80	8.65	9.35	9.10	9.30	9.60	54.80	
6	GLENN TIDWELL	PAN-AM	8.85	8.80	9.10	9.20	9.30	9.05	54.30	108.0
		OPTIONAL	8.85	8.85	8.55	8.75	9.40	9.10	53.50	
7	PETER KORMANN	PAN-AM	9.10	8.60	8.45	8.80	9.10	8.50	52.55	106.2
		OPTIONAL	9.60	7.40	9.30	8.55	9.00	9.15	53.00	



GENE WHELEN



BART W. CONNER



MARSHALL AVENER



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REGULATIONS GOVERNING THE ELITE PROGRAM September 1975

TO: WTC members and RG
FROM: Mrs. Jackie Fla, WTC Chairman

1. Only those gymnasts who placed in the top 15 (14 of whom earned a 72.00 AA Score) at the June 1975 Elite Meet will be allowed to directly enter the 1976 Elite National Meet. These gymnasts are: Meriwille, Cheahara, Howard, Reed, Pence, Thies, Wehlsberger, Wilson, Archer, Anthony, Casey, Beadles, Payton, Ahlert, Wysoff.

2. Only those gymnasts who earned a 70.00 AA Score at the June 1975 Elite National Meet will be allowed to directly enter the 1975-76 Elite National Qualification Meets in December and February. These gymnasts are: Yacoub, Johnson, Libonicky, Shotwell, Myslak, Lerner, Dawidowicz, Gaynor, Shapiro, Jones, Hegge, Walker (70.05 - corrected score).

3. If a gymnast obtained less than a 70.00 AA Score in the June 1975 Elite National Meet, she will have to requalify for the 1975-76 Elite Competition through a Regional Elite Pre-Qualification Meet in 1975-76. These gymnasts are: Baker, Heldenshoff.

Note: The above measures remain as approved at the January 1974 and April 1975 WTC Meetings.

Recommendation of the Chairman (subject to WTC approval at WTC G.C. meeting):*

4. * Those gymnasts, who were qualified for the 1975 Elite Meet (with a 72.00 AA Score from the 1974 Elite National Meet or one of the 1975 National Qualifying Meets or by membership on the World Games Team in 1974) and failed to compete due to injury or illness that was duly recorded and approved, will be allowed to directly enter either of the Elite National Qualifying Meets. These gymnasts are: Anderson, Dunbar, Carr, Pike, Englert, Spitz.

Those gymnasts who earned less than 72.00 AA Score in an Elite National Qualifying Meet must requalify for the 1975-76 Elite Competition at the Regional Level. These gymnasts are: Hansen, Gross, Swedeman. (Injured for Elite National)

5. In order to qualify for the 1976 Elite National Championships, a gymnast must earn a 70.00 AA Score (8.74) at an Elite Regional Meet and at an Elite National Qualifying Meet during the 1975-76 Elite season. . . If not already covered in item 1, 2, 3, or 4 above. . .

Note: Approved at the June 1974 WTC Meeting.

6. The USGF Junior and Senior National Championships will no longer qualify gymnasts into the Elite National Meet.

Note: June 1974 WTC Meeting.

The following regulations are subject to strict supervision by the Elite Regional Boards. The WTC assumes that only gymnasts who achieved a 68.00 AA Score in previous Elite or Class I competitions will be encouraged to compete at the Regional Elite Level.

7. A gymnast, who is a member of the Regional Elite Program, and fails to qualify for the 1976 Elite National Meet by earning the 70.00 AA Score at either Regional Elite and/or National Elite Qualifying Meets, may compete further in the following manner:

- May elect to drop out of the Elite Program and continue as a Class I gymnast entering directly into the Class I State Meet provided she earned a 60.00 AA Score (the necessary 7.5 state qualification score) at the Regional Elite Meet. This makes her eligible for J. Olympic Qualification.
- May elect to drop out of the Elite Program and continue as a Class I gymnast entering directly into the Class I Regional Meet provided she earned a 64.00 AA Score (the necessary 8.0 regional qualification score) at the Regional Elite Meet. This makes her ineligible for J. Olympic Program.
- Enter directly into the Junior or Senior National Meet provided she has earned a 68.00 AA Score (the necessary 8.5 national qualification score) at the Regional Elite Meet. This makes her ineligible for J. Olympic Program.

Note: Gymnasts who elect to compete as in 7 a., b., c., are ineligible for further Elite Competition in the 1975-76 season.



Jackie Fla

- Enter directly into the Elite Division of the Regional Meet in April, provided that she has not entered the Regional Class I Division.

Note: Any gymnast qualified for the National Qualification Meets may enter the Elite Division of the Regional Meet, provided they do not elect to drop out and choose to enter the Class I Division.

Note: These measures listed under 7a, b, c, and d were approved at the June 1974 WTC Meeting, amended at the February 1975 WTC Meeting and again in April of 1975.

Recommendation* (subject to WTC approval at the WTC CC meeting):*

a. *Those gymnasts who achieve the 70.00 total at the Regional Elite and again at the National Elite Qualification Level are required to remain in the Elite Program and may not drop back to the Class I level.

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NATIONAL HIGH SCHOOL GYMNASTICS COACHES ASSOCIATION All-American Gymnast Questionnaire

Dear Mr. Barn,

Enclosed you will find a complete and final list of all high school boys who have received All American recognition for the 1974-75 school year. Also included is a summary of 4 questionnaires sent to each of these gymnasts regarding such things as height and weight.

Yours for better gymnastics,

David Wentworth, assistant NAGCA

Room 430 Pebble Creek Plaza

Wales, WI 53183

(414) 668-3654

NATIONAL HIGH SCHOOL GYMNASTICS COACHES ASSOCIATION

All-American Gymnast Questionnaire

The following states were represented with the number of All-American gymnasts indicated:

Illinois	25	Oregon	5	Michigan	3
Colorado	16	Washington	5	Nebraska	1
New York	14	Kansas	3	Ohio	1
Minnesota	10	Pennsylvania	3	Wisconsin	1
Arizona	8	Indiana	2		

A chart now follows to summarize other All-American data.

	Average	Range
Average Age	17.19 years	16 to 18 years
Year in School	11.54 years	11 to 12 years
Height	67.52 inches	64 to 71 inches
Weight	136.9 pounds	115 to 199 pounds
Years Experience	4.43 years	3.6 to 9 years
Months/year in Gym	6.6 months	4 to 12 months

Events worked: 54.5% are all around, 27.3% are one event specialists.

Other Sports: 83.6% are gymnasts only. Other sports mentioned were diving, track, golf, football, baseball, basketball.

Future Plans: 100% plan to go to college!

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NATIONAL HIGH SCHOOL ASSOCIATION 1975-76 MAJOR RULE CHANGES FOR BOYS GYMNASTICS

- 2-1-3:**
Provides all judges' scores shall be flashed simultaneously.
- 2-2-7:**
Requires the head judge to sign the official score sheet at the conclusion of the meet.
- 2-4-5:**
Permits the judge subtract up to 0.3 at the end of a routine which presents great risks, originality and difficult connecting parts.
- 2-7-6:**
Recommends mats completely surround and/or cover the working area of apparatus.
- 3-3-3:**
Provides a deduction of 0.3 to 1.0 for any expression of displeasure or unsportsmanlike conduct by the competing gymnast.
- 4-1-8:**
Requires lines to be placed on the floor to mark the position of the long horse and to indicate the 4/4 and 5/4 vaulting distances as an aid in judging.
- 4-4-2 in and c:**
Increases the deduction for landing too close to the horse and inefficient height in after-flight.
- 5-2-1, (also 6-2-1, 7-2-1, 8-2-1, 9-2-1; and**

- 10-2-1):**
Clarifies the requirements for each event.
- 6-1-4; NOTE:**
Lists New Hyde as an approved material for pommel horse covering.
- 7-1-3:**
Increases the clearance from the floor to the top of the horizontal bar to $100-7/16" + 1/2"$.
- 8-3-2f:**
Provides following a fall or stop, the gymnast, after signaling the head judge, may use preliminary bounces to resume his routine.
- 8-3-3f:**
Provides deductions for falling off the trampoline bed and touching the springs, frames, spotters or the floor.
- 8-3-3g:**
Requires the last landing in trampoline routine to be in a stationary position with the feet on the bed.
- 8-3-3h:**
Prohibits audible counting of bounces for either competitor or judges.
- 9-1-1:**
Requires the distance between the posts of the parallel bars to be $20-1/2" + 1/2"$ on equipment manufactured after January 1, 1974.

- 10-3-2h (1):**
Requires deduction if hold moves are less than two seconds.
- 11-1-1:**
Recommends the use of the beginning level compulsory routines published by the United States Gymnastics Federation for lower level competition.

U.S.G.F. NATIONAL DIRECTORY

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UNIVERSITY OF ILLINOIS AT CHICAGO CIRCLE Department of Intercollegiate Athletics

An open letter to all Collegiate Gymnastic Coaches

Dear Coach:

Recently the N.C.A.A. held a special convention aimed at reducing the costs of intercollegiate Athletics. Some of the legislation that was proposed would have radically affected gymnastics. I was shocked that only my institution and Southern Connecticut sponsored amendments to rectify the poor legislation. Our amendment should have been sponsored by every college with a gymnastic team in this country.

We were fortunate that only one of these propositions was voted upon and our amendment carried. This may not be true when the convention convenes in Jan. Unless you want a restricted season you better talk to your ADs so they will support our amendment to correct this situation.

Sincerely,
William Roschke
Athletic Director

Youth

Kissing Advice

Don't kiss anyone with warts. Dr. J. Jordan White, a leading dermatologist in Atlanta, says that scientific evidence indicates a contagious virus to be the cause of warts.

Warts can be destroyed by surgery, chemical treatment and temperature extremes. But they can be caught via kissing, so the next time you're out on a date, ask your escort if she or he has warts. Let the answer be your guide.



THE FIRST USGF MASTER WORKSHOP 1975 Compulsories

Held At: Indiana State University
Terre Haute, Indiana
May 30, 31; June 1

Comments by Linda Chomerski General Organization

The planning for this workshop began long before anyone arrived in Terre Haute. The workshop host, Mrs. Treiber, had organized and planned for every small detail concerning the workshop, the comfort of the participants, the education of the staff and the general friendly atmosphere that prevailed.

Invitations arrived at the desks of Regional Representatives of the USGF and the National Judges Association with requests to distribute the invitations to state-level representatives. Invitations were sent to the representatives of organizations include YMCA's, Schools, Turners, AAU and so forth. Leaders of these organizations were permitted to participate on the gym floor while anyone who wanted to attend the clinic could be present as an observer seated in the stands. Thus all who wished to attend this Master Workshop were welcome.

Applications poured into Terre Haute and Mrs. Treiber and staff sent back confirmations and information concerning the weather conditions, hotels, dorms, bus transportation, party invitations and a general warm welcome. Several days later a copy of the compulsory text was sent to most participants. Although these texts were not official (they are very close) it was a good beginning to have before you arrived.

Upon arrival in Terre Haute, there was a bus to transport all Gymnastic people to the nearby hotels and dormitories. These buses were available every day to take people back and forth from hotels to schools.

Registration was scheduled from 7:00 a.m. to 10:00 a.m. in the Men's Arena. The registrants received a packet with a booklet containing the time schedule (which was closely adhered to) and the names and addresses of each registered person by state. The registration was quick and efficient with little or no waiting. During the morning, including there were sweet rolls, donuts, coffee, milk and tea available. The Gym Kne Corporation also provided color with their bright uniforms and one could purchase Master Workshop T-shirts in red or blue.

At 10:00 a.m. Mrs. Treiber welcomed everyone to Indiana and introduced the outstanding staff for the clinic — Dale Flanagan, Rod Hill, Linda Metheny, Jackie Fin, Delores Dunt, Kember Cavendish and Lisa Fuller, gymnasts.

The schedule of the 3 days workshop was: Friday: Beginning Level (Class III); Saturday: Advanced Level (Class II); Sunday: Intermediate Level (Class II).

The BB & FX were conducted with a demonstration and then a breakdown of each passage to that all the participants could walk through the exercises. On FX they were even able to do the entire exercise from beginning to end with the music. Generally 3 hours was provided for each FX & BB routine. The U Bars and vaulting events were lecture demonstrations.

At noon there was a 1-hour lunch break. A deli-cassero had provided sandwiches, salads and cold drinks at the gym. Anyone who wished could stroll across the street and play a game or two of tennis before the 1:00 class started.

Special Events

On Thursday evening Mr. & Mrs. Treiber invited all the staff to her home for an informal barbeque and get-together. Bob and Greta are always magnificent hosts and the staff had a great evening.

Friday evening the National Judges Association had its first dinner meeting of state governing boards, State, Regional and National Chairmen. The meeting was conducted by Kathy Kjeldsen, national chairwoman.

Saturday night was a social evening at the Sheraton Inn. Drinks were available for a lower than usual price (due to Greta's bargaining) and the Gym-Kne corporation provided a wonderful surprise with hon-donors of cold salmon, shrimp, chicken liver wrapped in bacon, cauliflower and cheese dip, crackers, cheeses and apples, and meatballs. The party atmosphere was just wonderful and elegant and many old friends talked over the past while many new faces met and welcomed each other.

Two special guests attended the clinic from South Africa: Elizabeth Eberhart and Nelly Feyman.

After the Sunday afternoon session Mrs. Treiber and Mrs. Wachtel presented

gifts to the mentoring staff and demonstrators; each lovely gift as silver pitchers, silver wine cups, silver candleholders and silver tea lighters which were displayed on the platforms. The lovely silver gifts were just as exciting for the recipients as for those watching. It was almost like a wedding — festive and sentimental . . .

This Workshop is a "first" for the USGF and it will be an extremely good example of a well-planned and well-executed idea. Never before have so many people (300-400) been brought together to learn the interpretation of the compulsory exercises by the authors before the exercises are to be used officially. This is truly a huge step forward in the development of our country's understanding of compulsory exercise and their importance in training a good gymnast.

All of those who attended the clinic will always remember Terre Haute as a special place where friendly people tried to help each other grow in a sport they all love and endeavor to improve.

Comments by M.G. Treiber

UNEVEN BARS — HORSE VAULTING

Conducted by Rod Hill, who is the author of the bar compulsories. He filled in on vaulting for Karen Petillo who could not be present, but worked on the preparations of the compulsory vaults.

Rod's session was well presented in a calm manner with clear delivery of the subject matter. All the skills were analyzed for technical requirements of execution as they were demonstrated fluently by his talented young gymnast Lisa Fuller.

This lecture had the least amount of questions as the coaches and judges seemed to be very familiar with the skills contained in both events.

This was probably the most relaxing learning experience for the participants in comparison to the mental education required for learning the beam and floor exercise competition.

Comments by Erna Wachtel

FLOOR EXERCISE

Floor exercise routines were taught by Linda Metheny whose technical knowledge and great ability to

MASTER'S WORKSHOP REPORT

demonstrate had all participants and observers spellbound.

Linda went thru great length to explain in detail, first the tumbling passes, and then the dance parts. Common errors were pointed out and emphasis given to correct body alignment, body extension, body waves, contractions, coordination and rhythm so vital to achieve excellent performance.

It was not easy, but possible for all participants to learn the dance parts to music as Linda most patiently and repeatedly worked with the group.

Her compositions at all 3 levels are a tremendous contribution to the development of artistic gymnastics with basic principles and progression. The reward for Linda's diligent work is great recognition and admiration by all who attended.

Comments by Marie W. Bilske

BALANCE BEAM

The U.S.A. is finally on its way! The new compuleses are an excellent challenge to both the coaches and the competition of this country. The USGF Master's Workshop held in Tama, Heats, Indiana was well organized and very efficiently run. The entire weekend was hectic but enjoyable thanks to the capable work of Greta Treiber the workshop director.

I was specifically asked to comment on the balance beam presentations but first, I would like to make a few statements on the workshop in general. The paper work prior to and during the weekend was excellent. For example, all of the participants received a written text of the routines at least one or two weeks prior to the workshop. Facilities were large enough for all the hundreds of us to see and hear the authors of the routines and their demonstrators. The technical officials, such as Jackie Fle and Delene Dant, were more than willing to answer and resolve questions concerning judging and interpretation of the routines. The authors enthusiastically instructed before, during and after all the sessions. The participants and observers (coaches, regional directors and state technical persons) were more conscientious, ambitious, cooperative and enthusiastic than I have witnessed in a long time. It just possible the U.S.A. coaches are starting to get it together!

One person who really got it together was Dale Flansburg. The new beam routines were beautiful. Each level has appropriate originality and difficulty. The levels are distinctive and yet developmental. Some basic leaps, jumps, turns and body waves are carried throughout all the routines. However, in each of the three levels Dale has included dance and difficulties unique and appropriate to a class I, II or III level gymnast. Due to the excellent composition, these routines will definitely separate the class II's from the III's and so forth.

One point stressed by both Dale and Linda in their lectures was when the text states optional arms it means exactly that. Each gymnast must be allowed freedom of self-expression in all the segments of such of the compuleses which call for optional movement. Along the same line when the text does not state transitions from one set of arm placements to another set the transitions are definitely optional. It was strongly suggested that coaches and gymnasts individualize the optional parts as much as possible within the limitations of the gymnast's ability.

Dale's instruction was very well done. She paced the lectures, demonstrations and participation sessions very effectively. Her comments concerning technique in performance of elements was informative and appropriate. She stressed the need for coaches and officials to understand the content of optional arms in a routine. Her demonstrators showed the routines with exactness and good technique.

I am looking forward to teaching these new compuleses because they are valid developmental tools. Each level a gymnast practices these routines she will not only improve her compulsory performance but also her optional technique and skill level. I felt the workshop to be worth the time, expense and sweat during the participation sessions involved. From the comments collected during and in after hours sessions, the authors and organizers of the workshop deserve applause.



MICHAEL T. HARRIGAN
GUEST SPEAKER
U.S.G.F. CONGRESS

Michael T. Harrigan is Executive Director of the President's Commission on Olympic Sports. Prior to joining the Commission staff, Mr. Harrigan was a consultant to the White House and the President's Council on Physical Fitness and Sports on a wide range of issues relating to amateur sports. Staff Assistant to the President, and a Management Consultants for Group, McCormick and Page, New York. A Major in the United States Marine Corps Reserve, he served in Vietnam in 1965-1966 and was awarded the Bronze Star. Mr. Harrigan was born on March 28, 1942 in New York City. He received his B.S.A. degree from the Wharton School of Finance and Commerce in 1970, where he was on the Dean's List, and his B.A. degree from the University of Pennsylvania in 1964, where he graduated with honors in international relations. He was a six letter man in cross-country and track and field, and participated in international competition. Mr. Harrigan lives in Alexandria, Virginia.



USGF CC

USGF CONGRESS

Friday - November 14, 1975

✓ 9:00 - 12:00 Noon	REGISTRATION	U.S.G.F. Staff
10:00 - 12:00 Noon	NAGCC MEETING	Don Robinson
✓ 1:00 - 3:30 p.m.	GENERAL ASSEMBLY	Frank Bane
1:00 - 1:05 p.m.	WELCOME BY U.S.G.F.	Dale Flansburg
		Gene Trinder
		Karl Schenckel
		BN Roetzheim
2:00 - 3:00 p.m.	U.S.G.F. BIOMECHANICAL TASK FORCE PRESENTATION	Directed by: Dr. Gerald S. George University of Southern Louisiana Southwestern
	<i>Dr. Gerald S. George</i>	
✓ 3:00 - 3:30 p.m.	INTERNATIONAL REPORT	Frank Bane
✓ 3:45 - 5:45 p.m.	U.S.G.F. WOMEN'S REGIONAL MEETINGS	REGION 1 Cheryl Wagner
		2 Per Gornowien
		3 Mary Ann Mahoney
		4 Connie Robertson
		5 Carole Lachrie
		6 Linda Chomsky
		7 Ruth Ann McBride
		8 Lynda Taylor
3:45 - 5:45 p.m.	MEN'S OFFICIAL OLYMPIC COMPULSORY FILMS (1ST SESSION)	BN Roetzheim Lee Savary
7:00 - 8:00 p.m.	MEN'S OLYMPIC COMMITTEE MEETING	Bill Meade
✓ 8:00 - 10:00 p.m.	NATIONAL HIGH SCHOOL COACHES ASSOCIATION	Ralph Grueble
8:00 - 11:00 p.m.	WOMEN'S FGN RELATION COMMITTEE MEETING	Frank Bane
8:00 - 10:00 p.m.	MEN'S NATIONAL GYMNASTICS JUDGES ASSOCIATION	Ted Murynko
✓ 8:00 - 11:00 p.m.	CASH BAR	
✓ 8:00 - 10:00 p.m.	NATIONAL ASS. OF WOMEN'S GYMNASTICS JUDGES	Kitty K. Jordan
8:00 - 11:00 p.m.	MEN'S FGN RELATIONS COMMITTEE MEETING	Frank Cumiskey

4:00 - 5:00

7:00 - 10:00 *Form 10-1-2*

CONGRESS

Saturday - November 15, 1975

8:00 - 10:30 a.m.	1ST SESSION NATIONAL AGE GROUP COMPULSORIES (1975-79)	✓
9:00 - 10:30 a.m.	2ND SESSION 1976 OLYMPIC COMPULSORIES FROM MONTREAL PRE-TEST	✓
10:45 - 11:45 a.m.	1976 OLYMPIC COMPULSORIES	✓
10:45 - 11:45 a.m.	U.S.G.F. JR. OLYMPIC AGE GROUP MEETING U.S.G.F. JR. OLYMPIC AGE GROUP TRAINING CAMP	
1:00 - 2:00 p.m.	2ND SESSION - U.S.G.F. BIOMECHANICAL TASK FORCE PRESENTATION	
✓ 2:00 - 3:30 p.m.	DANCE IN GYMNASTICS (FOR STALLER RECORDS)	✓
2:00 - 3:30 p.m.	MEN'S OLYMPIC COMMITTEE REPORT MEN'S QUALIFICATIONS OLYMPIC TRIALS	
3:30 - 4:30 p.m.	2ND SESSION - NATIONAL AGE GROUP COMPULSORIES (1975-79)	✓
3:30 - 4:30 p.m.	REPORT AND EFFECT OF NEW CODE OF POINTS FOR MEN	
4:30 - 5:15 p.m.	SPORTS MEDICINE IN GYMNASTICS	
✓ 7:00 - 8:00 p.m.	COCKTAILS	
8:00 - 10:30 p.m.	U.S.G.F. BANQUET GUEST SPEAKER - EX DIRECTOR OF THE PRESIDENT'S COMMISSION ON SPORTS	

Delene Durst

*Bill Meach
Marcel Grossfeld
Frank Curvedley
M. Rosenfeld
P. Ziert
H. Frey*

*Dr. Gerry George
Ross Marie Menet
Bill Meach
Gene Weststone
Frey & Weststone*

Delene Durst

*Bill Roetzheim
Les Savary
Charles Jeffrey, M.D.*

*Nissen & American Equipment Co's
Frank Bare*

Michael T. Harrison

Sunday - November 16, 1975

8:00 - 11:30 a.m.	MEETING OF THE UNITED STATES ASSOCIATION OF INDEPENDENT CLUBS	
9:00 - 11:30 a.m.	U.S.G.F. WOMEN'S COMMITTEE BUSINESS MEETING	✓
11:30 - 12:00 Noon	CLOSING SESSION - GENERAL ASSEMBLY	
1:00 - 5:00 p.m.	CERTIFICATION EXAMINATION FOR JUDGES WOMEN'S GYMNASTICS	✓

*Bill Crenshaw
Shirley Bryan
Frank Bare*

Delene Durst

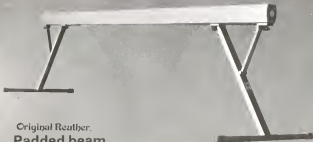
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REPORT ON 1975 USGF OLYMPIC DEVELOPMENT CAMP by Paul Ziert

Following the 1975 USGF Junior Olympic competition held July 18 and 19 at the University of Iowa, fourteen of the top performers were invited to remain for the next thirty days to participate in the 2nd Annual Olympic Development Camp. The gymnasts included: Jose Agüero, Matt Bieguel, Phil Gonzales, Jim Hartung, Craig Martin, Wallace Miller, Don Osborne, Tom Pace, Ken Reeves, Peter Scott, Randy Taylor, Jim Volokas, Scott Wilcox, and Mark Williams.

Mr. Masayuki Watanabe, assistant gymnastics coach at the University of California, Berkeley and director of the American Gymnastics Center in Concord, California, was designated as the Director and Master Instructor for the training camp. In an effort to bring together people with strong backgrounds in the methodology which he promotes, Mr. Watanabe selected the following coaches to assist him:

Paul Ziert, head coach at the University of Oklahoma, Assistant Director,

Wachino Miki, former assistant coach at Washington State and presently director of the Santa Clara Gymnastics Club,

Dick Fossil, assistant coach at the University of Washington,

Dr. Harold Frey, head coach at the University of California, Berkeley,

Neil Schmitt, assistant coach at the University of Iowa, and

Bruce Simmons, head coach at Moline High School.

The actual coaching assignments were:

1st Week - Watanabe, Fossil, Miki, and Schmitt

2nd Week - Watanabe, Ziert, Fossil, and Schmitt

3rd Week - Ziert, Simmons, and Schmitt

4th Week - Watanabe, Ziert, Frey, and Schmitt

Both the coaches and the gymnasts were housed in dormitories which were very close to the workout gymnasiums. This proved to be very helpful considering the workout schedule which was presented and explained by Mr. Watanabe at the organizational meeting on Sunday. The schedule included:

6:45 am Wake Up
7:30-8:00 am Morning Exercises
8:00-8:30 am Breakfast
10:00-11:00 am Lecture
11:30-12:00 pm Lunch
1:00-5:00 pm Work Out
5:30-8:00 pm Dinner

The following several sections of the report will simply be explanations of the various parts of the above schedule.

MORNING EXERCISES

1. Running (approximately one mile)
2. Stretching - 30 minutes (led by different instructors each week.)
3. Different basic exercises which telescoped in on general fundamental weaknesses such as single leg circle to handstand, pommel horse to handstand, scales, etc.
4. Four strength exercises:
 - a. Stairer rolls on floor
 - b. Pull ups on horizontal bar
 - c. Handstands for 10 seconds on rings
 - d. Circles on pommel horse

LECTURES

- July 21 - Age Group Computations - Watanabe
- July 22 - Rhythm Exercises and Learning Session - Watanabe
- July 23 - Training Patterns - Watanabe
- July 24 - Tour of Neesen Corporation at Cedar Rapids
- July 25 - Long Range Training Schedule - Watanabe
- July 26 - Attitude toward training - Watanabe
- July 28 - Observations of Japan - Ziert
- July 29 - 1975 NHK Films (Computerized) - Ziert
- July 30 - 1975 NHK Films (Optional) - Ziert
- July 31 - 1976 World Games Films - Watanabe

- Aug 1 - Discussion of Piko and Arch Postures - Watanabe
- Aug 2 - Stuts and new Vaulting Techniques - Watanabe
- Aug 4 - Question session and discussion of top US gymnasts - Ziert
- Aug 5 - 1974 World Games Films - Ziert
- Aug 8 - Self-Evaluation Discussion of Difficulties and Successes - Ziert

- Aug 7 - 1972 Olympic Games Films - Ziert
- Aug 8 - Comparisons of Japanese and American College Programs - Ziert
- Aug 9 - 1971 Japan Jr. Boys Championships - Ziert
- Aug 11 - Pre-Olympic Competition - Frey
- Aug 12 - Pre-Olympic Competition - Frey
- Aug 13 - Discussion of Strengths and Weaknesses of Camp - Ziert
- Aug 14 - Welcome Back Party for Watanabe - All
- Aug 15 - Observations of Improvements - Watanabe
- Aug 16 - Evaluation - Watanabe

WORKOUT SCHEDULE

Monday, Tuesday, Wednesday, Friday, and Saturday

- 1:00-1:30 - Stretching and Warming Up including Rhythmic Exercises
- 1:30-2:00 - Tumbling (All fourteen together.)
- 2:00-2:30 - Each of the three groups worked two of the following apparatus: pommel horse, rings, parallel bars, and horizontal bar
- 2:30-3:00 - Vaulting (All fourteen together.)
- 3:00-3:30 - Each group worked the other two apparatus and events.
- 3:30-4:00 - Strength
- 4:00-4:30 - Strength
- 4:30-5:00 - Strength

Thursday each rotation was reduced by 10 minutes so that the workout concluded one hour earlier at 4:00 p.m.

Sunday - No Workout

GROUP ASSIGNMENTS

- Group A - Phil Gonzales, Jim Hartung, Craig Martin, and Don Osborne.
- Group B - Wallace Miller, Ken Reeves, Randy Taylor, Jim Volokas, and Mark Williams.
- Group C - Jose Agüero, Matt Bieguel, Tom Pace, Peter Scott, and Scott Wilcox.

Throughout the entire clinic, correctness of technique and execution was stressed. Consequently, most of the clinic time was dedicated to very fundamental moves.

SUMMARY

The clinic was absolutely fantastic for the fourteen gymnasts who were selected. Very rarely does a group of coaches have the opportunity to witness such dramatic improvement as that which occurred at this camp. Fortunately, the clinic was a month long so that the gymnasts were able to survive the breakdowns stage of training and still have time to experience a period of real, observable improvement. In case any questions arise as to the value of such training camps for our young promising gymnasts, please feel free to speak personally with any of the 1975 participants in this excellent training camp.

U.S.G.F. OLYMPIC DEVELOPMENT CAMP FOR BOYS

Letters from some
of the Boys

Dear Mr. Cornskey,

It's been awhile until I can write very well, but I figured I could write now good enough for you to read it. I dictated one of my fingers shortly after I came back home from camp.

First of all I'd like to thank you and U.S.G.F. for making it possible for us to stay at that camp and work with those great coaches. Some of the points I liked most were that I met and worked with gymnasts from all over the country, we were introduced to a different type of working out and the coaches' lectures gave us a lot of insight on how to work out and plan objectives. You probably have heard how great the camp was from everyone else, so I'll concentrate on the weak points.

First of all, I think the qualifying meets (Regionals, etc) and the Jr. Olympic meet itself should be held sooner and not dragged out so far in between. Many gymnasts were not sure if they would make the meet or not and they had to make reservations for other camps, just in case. Also, if a gymnast trains for a long period in order to get into the camp and doesn't, he has wasted a lot of time in which he could have been working on optional tricks for next season. Also, some gymnasts lost deposits on camps by staying at Iowa City, but I think they got them refunded (at least that's what the coaches said) would probably be done).

Also, a more unified agreement of the qualifications to come to Iowa should be made. Some areas could only send those who scored 80 and placed in the top 3, while other places could send as many that qualified over 85 pts. My area sent like 8 or 7 guys who scored 80 or 85 pts. or over, while California had a guy who stayed home because he didn't place in the top 3 (but scored over 80!). I don't think that's very fair for him.

Almost all of the guys were kinda bored because there weren't too many things to do after dinner. A few more activities planned would be great. It was also great of the coaches to take us to the lake every Sunday as a change of pace. Also, one of the coaches told us that the U.S.G.F. didn't let him know how much he had to spend on entertainment. As a result, he didn't know if there was more we could use, so he had to be cautious.

I know there are a lot of divisions but I figure they're more helpful than a lot of praise.

All in all, I do think the camp was a great learning experience that I can't even begin to measure and will last with me through my competitive years. Thanks again,

Jim Volkmar



Jim Volkmar



Phil Gonzalez

Dear Mr. Cornskey,

I enjoyed the camp very much. It was great because all that we did was gymnastics, and we did not have to worry about anything else. The camp has made my basic much stronger, and I feel physically stronger.

The instructors were fantastic. Among them were Mr. Watanabe, Mr. Maki, Mr. Zart, Mr. Schmitt, Mr. Fossel, and Mr. Peay.

There is one factor that I believe the rest of the gymnasts will agree with me on, that is, I think the camp should be a little longer than four weeks. I think it should be something like six weeks long.

"I am working towards seeing you next year."

Jose Aguirre Jr.
of Gymnastics



Jose Aguirre Jr.

To Mr. Cornskey,

I am writing this letter to express my thanks to you for the outstanding job of the 1975 Olympic Development Camp. This camp to me was a stepping stone toward my lifetime goal, a U.S. Olympic team. I guess the greatest part of the camp was the feeling of being at a higher level in gymnastics. The coaching staff was excellent and they did their best to make our stay meaningful and pleasant. The length of the camp seemed long to me, but I guess proper results would not have been obtained in a shorter period of time. Speaking of results, as I am working on the Olympic competitions, I am seeing the effectiveness of the camp. One thing that was unfortunate was that about seven of us were not able to stay for the camp. I am hoping that this rule may be changed in the near future. Once again I would like to thank you for making it possible for younger gymnasts to work toward the elite level. I believe the quality of upcoming gymnasts will be much better because of such a camp.

Hope to see you at the Olympic Trials
Take care,
Phil Gonzalez

1975 U.S.G.F. OLYMPIC DEVELOPMENT CAMP

Dear Mr. Camiskey,

Being part of the Olympic Development Camp was a fantastic experience for me. The way the camp was set up was excellent. With the schedule being geared to start from the basic skills to more advanced moves, I feel I have a better understanding of the sport gymnastics.

For myself, I felt the improvement by the end of the 4 weeks. Mr. Watanabe stressed working on our weaknesses which I did. To begin with, my floor ex. has become more technically correct. Also I've strengthened my double full by learning a better back handspring. On rings my swing has improved to the point where I can do an inlocate back roll land. The way the basics were stressed, I found it easy to go on to more advanced tricks. After learning a good pike swing, I was able to do a auto hand. My body position has improved a lot too. The training made me feel strong and solid all through my body.



Tom Pace

Dear Mr. Camiskey,

My name is Tom Pace and I attended the U.S.G.F. Junior Olympic Development Camp this year. I would have liked to have written to you sooner but I had misplaced your address. I had found it in my wallet when I cleared it out yesterday.



Tom Pace

Anyway I would like to tell you that I had the best time in gymnastics I had ever had at this camp. This was the first time in a summer that I went to a gymnastic camp. There are three things I had learned in this camp that would have taken quite a while to understand. The first thing I learned was that to have a good attitude. My attitude in gymnastics was fairly good, but at this camp I filled in the spots that were wrong. Mr. Watanabe was constantly telling us how to feel when doing this, how to react when this happened and so on.

The second lesson I learned was good basics. Before I went to this camp my basics were all right. But this camp picked out the weaknesses and strengths of them. Which are very important to my gymnastics.

The third thing I learned was my respect for other gymnasts. This was the first time I had ever worked out with gymnasts my own age and basic ability. It was a great thing to know how you compare to other gymnasts at work. I had learned a great deal from others in gymnastics.

I hope the U.S.G.F. will have another camp next year. I will work hard to make it.

Thank you very much,
Thomas Pace



Wallace Miller



Randy Taylor



Craig Martin



Don Osborn

I want to thank the U.S.G.F. for the fine coaches we were able to work with. Mr. Watanabe had a fine program for us. I'm glad I was able to work with all of them individually. I enjoyed their coaching and benefited greatly from it.

The only thing I was disappointed with was the evening program. Once or twice we saw a movie, but other than that we were left on our own. More than once I was left in my room reading a book because of nothing to do.

I'm grateful for the chance to be in the development camp and thank you for having such a camp. I've become acquainted with many gymnasts from all over the country as well as becoming better at gymnastics. Could you put me on the U.S.G.F. mailing list? I can't remember what the membership fee is so tell me later. Thank you again and hope to see you in the future.

Sincerely,
Mark Williams



Ken Reeves



Scott Wilson



Peter Stout



Jim Hartung



Marc Bisopel

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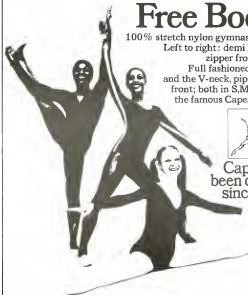
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4^e COURS

3 - 7 septembre 1975
Thonon-les-Bains (France)

INTERCONTINENTAL DE JUGES



Thonon, France

The 4th Cycle Intercontinental Judge's Course for Men and Women was held in Thonon, France from September 3 - 7, 1975. Thonon is a beautiful town on the lake and is basically a summer resort with the hotels closing for the winter. The main part of the town is about 200 feet higher than the lake and we would ride a cable car up from the lake for about 8 cents. Buses were scheduled to take all participants to the site of the course

which was at the College of Sports. It was an ideal location with plenty of rooms and the gymnasium was large and well equipped. Only judges who had their 3rd cycle Brevet were eligible. Countries who participate regularly in World and Olympic Games were allowed to send three judges, male and female, and other countries either 2 or 1, depending on their participation. There were about 75 women and 75 men at the course.

In my opinion, this was probably the best International Course ever held for

men. As a result of the Men's Symposium held in Madrid last September, many of the proposals made there were adopted. The Code was simplified and the judging made easier, also, many questions were answered and the filmed computerizes for Montreal were explained and scored by the FIG Technical Committee and exact deductions were explained. Mr. Lei Szeung, Mr. Frank Cunniff and Mr. Hal Rotschheim represented the United States and Mr. Harvey has outlined the tentative changes and please remember that the Final Code is not available as yet.

Representing USA

1. Frank Cusack, Technical Director USGF
2. Bill Horstmann, NCAA Technical Director, Mid-East
3. Les Savary, NCAA Technical Director, West

Participants needed to have valid FIG Cards from the 3rd cycle.

Gentlemen:

This material was based on my personal notes taken at the Intercontinental Judges Course. Since the new FIG Code of Points will not be printed until October 15, 1975 these notes will give coaches, gymnasts and judges an immediate help to prepare themselves for the new competition season. Judges particularly find these notes helpful since mental preparations to adjust to the new rules will take some time.

The new FIG rules will take effect world wide starting October 15, 1975. This means all University, College, High School and Open events in the USA will be conducted by the new rules starting Oct. 15, 1975.

I am sending you these notes with the following reservations:

1. The FIG Technical Committee has the authority to change some aspects of the rules between now and the printing of the new Code of Points. For this I will not take any responsibility.
2. The NCAA Rules Committee may or may not adopt all new rules for domestic competitions.
3. The NCAA Technical Committee will evaluate these new rules. Their interpretation could very well be slightly different than what is written here.

New FIG Rules

The judging of optional exercises:

The evaluation of optional exercises takes place on the basis of three evaluation factors.

- | | |
|----------------|-----------------------------|
| a. difficulty | = 3.4 |
| b. combination | = 1.5 |
| c. execution | = 4.4 |
| Total: | 9.4 maximum for an exercise |



FEDERATION INTERNATIONALE DE GYMNASTIQUE/COMITE TECHNIQUE MASCULIN

Since the base score in all 3 competitions will be 9.4, up to 0.6 bonus points may be given as follows:

- Risk in difficulty up to 0.2 points
- Originality in combination up to 0.2 points
- Virtuosity in exercise up to 0.2 points

See examples below:

Base Score	9.4	Base Score	9.4	Base Score	9.4
Deductions	<u>0.6</u>	Deductions	<u>1.0</u>	Deductions	<u>0.6</u>
	8.8		8.4		9.0
Risk	0.2	Risk	—	Risk	—
Originality	—	Originality	—	Originality	0.2
Virtuosity	<u>0.1</u>	Virtuosity	<u>0.2</u>	Virtuosity	<u>0.2</u>
Total:	9.1	Total	8.6	Total:	9.4

The Evaluation of Combination

- If the construction of an exercise does not meet the requirements as stated in Article 39 (Art. 39 did not change) for each violation, deduct ... 0.3
- For every intermediate swing, deduct ... 0.3
- If the optional exercise ends with the compulsory dismount with the same preceding correction the deduction is ... 0.3
- If an exercise is not finished with a real dismount the deduction will be ... 0.3-0.5
- If the gymnast performs too many running steps before jumps, handsprings or sitos, more than 3 steps plus a final jump or round off, the deduction is made depending the difficulty and risk of the part deduct up to ... 0.3
- If an exercise does not contain 11 value parts the deduction must be made out of combination as follows:
 - In Competition I, 1 element is missing deduct ... 0.3
 - In Competition II, 1 or 2 elements are missing ... 0.3
 - In Competition III, 1 or 2 or 3 elements are missing ... 0.4

The Evaluation of Execution

- Touching the apparatus when it is not required by the execution of the movements, anytime ... 0.1-0.3
- Stops for hesitation(s), anytime ... 0.1-0.3
- In the case of a definite sit down on the apparatus deduct everytime ... 0.2-0.6
- Falling on the apparatus is identical to a definite sit down and should be treated the same way and an additional deduction of ... 0.2-0.5

can be made for poor form.

The time duration for hold parts is a uniform 2 seconds for all apparatus. This includes the "L" support.

Question asked by a participant:

What is the deduction if the gymnast hold the static part only for 1 second?

Answer by FIG Technical Committee:

- In Compulsory Exercise
 - 1 sec. hold, deduct 0.4
 - If he does not hold at all deduct whole value of the part
 - If he holds it for one half of 1 sec. deduct partial value of the move
- In Optional Exercise
 - You must hold for 2 seconds in order to get B or C value when designated.
 - When holds for 1 second the value disappears, no deduction unless there was an error committed in general execution.

For Example:

Move	Value	2 sec	held	1 sec
Iron Cross on Rings	B move	B move		no value
L Cross on Rings	C move	C move		no value
Back lean on Rings	A move	A move		no value
Press to handstand on floor with straight arms				
Bent body	B move	B move		no value

When falling off the apparatus, losing the grip, or without losing grip, deduct ...

0.5

This is valid for all 3 competitions

Spotting or Assistance

- 1 spotter is allowed in all 3 competitions for:
 - Rings
 - Vaulting
 - Parallel Bars
 - Horizontal Bars
- If 2nd spotter appears, deduct . . . 0.3
- Deduction for assistance depending upon the severity of the assistance, deduct . . . 0.3-0.5

The Evaluation of Compulsory Exercises

- The evaluation of compulsory exercises results from the following factors in grading:
 - a. Interpretation of the exercise according to the prescribed text up to . . . 0.8
 - b. Execution – considering form and technique
- The missing 0.2 points comes from the bonus points for special virtuosity
- For added parts the deduction (everytime) is . . . 0.3
- It is necessary here, also to determine if the addition of this part made the previous or the following part easier. If this is the case deduct an additional . . . 0.1-0.5

Vaulting

- The horse is divided into two spaces with a 1 cm line in the middle. Touching the line deduct . . . 0.5
- The base score is different for most vaults but stays the same for all 3 competitions.
- For extraordinary virtuosity award an additional . . . 0.2
- For known vaults Risk and Originality are included in the base score.

For Example:

Yamazaki from far end:	Base score	9.0
	Deductions	<u>0.8</u>
		8.2
	Virtuosity	—
	Total:	<u>8.2</u>
Yamazaki from near end:	Base score	9.4
	Deductions	<u>0.4</u>
		9.0
	Virtuosity	<u>0.1</u>
	Total:	<u>9.1</u>
Handspring from far end: with 1/1 turn (full twist)	Base score	9.8
	Deductions	<u>0.6</u>
		9.2
	Virtuosity	<u>0.2</u>
	Total:	<u>9.4</u>

There are 62 known vaults are listed in the new code New Vaulters

All other vaults which are not listed will have a base score of 9.4. Award 0.8 for Risk, Originality and Virtuosity.

For Example:

New vaults not listed in the code

1. From the far end full twist on, step off

Base score	9.4
Deductions	<u>0.4</u>
	9.0
Risk	0.3
Originality	0.3
Virtuosity	—
Total:	<u>9.6</u>

2. Trampoline with layout position

Base score	9.4
Deduction	<u>0.1</u>
	9.3
Risk	0.3
Originality	0.3
Virtuosity	<u>0.2</u>
Total:	<u>9.9</u>

Angles

Vaults with support on far side 20°

Vaults with support on near end HORIZONTAL

The required angles must be achieved at the moment the gymnast's hands contact the body of the horse.

Start of vaults and indicating whether vault is from croup or neck.

In order to facilitate the evaluation by the judges, each gymnast has to indicate which vault he intends to execute by raising a number available at the end of the runway. Should the gymnast execute a vault, presently not listed he must signal a question mark.

Question asked by participant

— What happens when the gymnast indicates #41 yamashita from the rear end with base score 9.4 and executes #8 yamashita from the far end with base score 9.0?

Answer by FIG Technical Committee:

— No deduction, signs are to aid the judged evaluation. Judge what you see.

Repetitions of Parts or Connecting Parts

Double leg circle, girth, round off, back handspring should be considered as connecting parts, not moves without value.

However Mr. K.H. Zischke, a very respected member of the FIG Technical Committee considers a round-off executed the 3rd time a 0.1 deduction

On Pommel Horse Mr. Lylo says that the same move from the same connection will not be counted as difficulty, but no deduction.

For Example:

Double leg circle Gerschlohn Art8 followed by double leg circle Gerschlohn for the second Gerschlohn gives no B value.

Interpretations of the Olympic Compulsory Exercises

Floor Exercise:

The exercise can be partially mirrored as long as the designated diagram is followed.

To: # 4 Hold 3 seconds

6 After the leg circle handstand must be shown before the reverse turn is executed

8 Hold 3 seconds

#10 Salto must be closely tucked.

They considered the 3 salto the most important part of the exercise.

Pommel Horse

For each session deduct 0.2 for errors of technical execution. Observe the standing position after exercise. It will tell how the mount was executed. Any deviation from pommel, deduct 0.2.

Rings:

4 holds for 2 seconds.

To: # 3 Giant dislocate must be at least 120° above rings.

If gymnast stop in handstand it must be penalized.

#10 Shoulders must be above rings on diamond.

There should be harmony and rhythm throughout.

Vaulting

Steep from the near end. Must show a horizontal position when hands touch the body of the horse. A 90° angle at hips must be shown during flight over the horse.

Parallel Bars

Grips can be either inside or outside of bars. Feet cannot be staggered. If apart, deduct 0.2.

If gymnast touches the bar on diamond, deduct 0.5.

Horizontal Bar:

To: # 3 Grip change can either be done simultaneously or one at the time

Amplitude and rhythm the key words for this exercise.

The Following B and C Parts Will Change

On Parallel Bars

Salto forward or backwards to outer cross stand A

Salto forward or backwards with 1/2 turn B

Salto forward or backwards with 1/1 turn C

Pointed angle support on both bars B

Pointed angle support on one bar C

Floor Exercise

A back handspring is upgraded from an A part to a B part if it is executed following a salto backwards with a full turn or followed a double bent.

If a backhandspring is executed following a double salto backwards the value of the connection is upgraded from a C+G to a C+G.

Rings

Handstand, forward swing and straddle to L support hold 2 seconds B.

Les Savary
MGJA Technical Director,
Western Region

* * *

FEDERATION INTERNATIONALE DE GYMNASTIQUE/COMITE TECHNIQUE MASCULIN

RESULTATS:

1 No. pt.	2 Nom of person	3 No	4 Fédération	5 Best score	6 Observation
1.	Cloete John, Christian	1932	South Africa	Oui	
2	Loow Hanna	1940	South Africa	Oui	
3	Frisvogel Walter	1919	Allemagne r.f.	Oui	
4.	Kubacka Victor	1939	Allemagne r.f.	Oui	
5.	Timmer Ralf	1927	Allemagne r.f.	Oui	
6	Barry James	1932	Australie	Oui	
7	Foot Anton	1938	Autriche	Oui	
8	Mus Lucien	1930	Belgique	Oui	
9	Po Lucien	1920	Belgique	Oui	
10.	Ribeiro Enrique Wilson	1919	Bretel	Oui	
11.	Burton Svetoslav	1934	Bulgarie	Oui	
12	Jordanov Gemo	1932	Bulgarie	Oui	
13.	Fink Hartmut	1947	Canada	Oui	
14.	Gryszczyn Eugene	1914	Canada	Oui	
15.	Rey Rigant	1941	Canada	Oui	
16	Tutte John	1935	Canada	Oui	
17.	Juan Gutierrez	1944	Cuba	Oui	
18.	Andersen Henry	1915	Danemark	Oui	
19.	Allegre Castro Manuel	1917	Espagne	Oui	
20.	Rua Moreno Joel Luis	1937	Espagne	Oui	
21.	Cumiskey Frank	1912	Etats-Unis	Oui	
22	Routhen William	1928	Etats-Unis	Oui	
23.	Savary Lee	1932	Etats-Unis	Oui	
24.	Lemuvirta Olevi	1938	Finlande	Oui	
25.	Andol Georges	1911	France	Oui	
26	Bausellock Andri	1926	France	Oui	
27.	Qui Paris	1922	France	Oui	
28	Dot Raymond	1926	France	Oui	
29	Jardon René	1934	France	Oui	
30	Kalickoffen Arsene	1927	France	Oui	
31.	Noel Claude	1924	France	Oui	
32.	Roger Joel	1929	France	Oui	
33.	Roussin Albert	1909	France	Oui	
34.	Sagaud Louis	—	France	Oui	
35.	Tilly Pierre	1918	France	Oui	
36	Vandromme Marcel	1920	France	Oui	
37	Vaucher Louis	1919	France	Oui	
38	Venturini Jean Baptiste	1931	France	Oui	
39.	Baines Paul	1942	Grande Bretagne	Oui	
40.	Schweizer John	1931	Grande Bretagne	Oui	
41.	Williams William	1908	Grande Bretagne	Oui	
42.	Nobel Josef	1923	Hongrie	Oui	
43.	Urvary Sándor	1925	Hongrie	Oui	
44.	Mental Gregor	1930	Israel	Oui	
45.	Sassolino Fabio	1923	Italie	Oui	
46.	Caroli Giorgio	1935	Italie	Oui	
47.	Marzola Gianfranco	1937	Italie	Oui	

FEDERATION INTERNATIONALE DE GYMNASTIQUE/COMITE TECHNIQUE MASCULIN (cont.)

1	2	3	4	5	6
48	Ota Meshide	1936	Japon	Oui	
49	Al Jassas Jassem	1941	Koweït	Oui	
50	Al Ragan Abdul Aziz	1940	Koweït	Oui	
51	Jungels Jean	1933	Luxembourg	Oui	
52	Muller Francois	1938	Luxembourg	Oui	
53	Bryndskeln Harald	1938	Norvège	Oui	
54	Chen Peter	1934	Nouvelle-Zélande	Oui	
55	Knap Alex Jan	1943	Pays-Bas	Oui	
56	Nowkiewicz Zbigniew	1938	Pologne	Oui	
57	Selzer Jerry	1930	Pologne	Oui	
58	Santa Marta Granger J. Pedro	1938	Portugal	Oui	
59	Neumann Heinz	1931	Rép. Dém. Allemande	Oui	
60	Pollisch H. Bernhard	1926	Rép. Dém. Allemande	Oui	
61	Sedulenco Mircea	1936	Roumanie	Oui	
62	Vana Nicolas	1932	Roumanie	Oui	
63	Winkler Bo	1938	Suède	Oui	
64	Adams Marcel	1918	Suisse	Oui	
65	Fenz Felix	1931	Suisse	Oui	
66	Fuchs Gerhard	1944	Suisse	Oui	
67	Guthard Jack	—	Suisse	Oui	
68	Lehrer Walter	1919	Suisse	Oui	
69	Hrobý Augustin	1916	Tchécoslovaquie	Oui	
70	Arkhar Leonid	1940	URSS	Oui	
71	Aasen Albert	1929	URSS	Oui	
72	Kondemakhi Valeri	—	URSS	Oui	
73	Petaric Boris	1932	Yougoslavie	Oui	
74	Stenger Milos	1910	Yougoslavie	Oui	
75	Zweibel Gerrit Jan	1932	Pays-Bas	Non	Ne possible pas le 4ème manifestation du 3ème cycle
76	Milbrink Klaus	1940	Rép. Dém. Allemande	Non	Ne possible pas le 3ème cycle
77	Shamit Akubekov	1946	Libye	Non	Ne possible pas le 3ème cycle
78	Zinat Remuolen	1937	Libye	Non	Ne possible pas le 3ème cycle

Remarque: Les participants de No 1 à 74 ont obtenu le brevet de la FIG et confirmé la validité pour le 4ème cycle

Direction et les experts:	Ivan Ivanovitch président CTM/FIG	Oui
	Alexandre Lyko vice-président	Oui
	Tuomo Alentie vice-président	Oui
	Karl-Heinz Zischewski secrétaire	Oui
	Boris Chelkhin membre	Oui
	Akhtemo Kando membre	Oui
	Genique Gonzalez membre	Oui
	Robertch Hellmut Intégrité	Oui

Théorie les Bains le 7 septembre 1973

Président du CTM/FIG

/Ivan Ivanovitch/

"Who's Who in Gymnastics"

WHO'S WHO IN GYMNASTICS

Compiled and edited by the U.S. Gymnastics Federation

The "Who's Who" is being compiled and is intended to be kept and used as information from the greatest athletes. All those competing in the 1976 Olympics are included and their names listed in order of the gymnastics events and in order of age groups, national, regional, international and worldwide are all included along with background information and their various athletic records and awards. In the event of the history and news of the various athletes, the names, dates, locations of the events and their results. (Available for purchase at \$10.00)

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Women's Gymnastics News

Published by the O.K. Fan Club

Volume 1, Number 1

BLAKE WYNN LINES UP FOR MOSCOW NEWS
ENGLISH FIRST AT RITA IS FOUR OLD
RUBINMAN GIBB, BOGNER STREET IN CHAMPIONS ALL

LAST WORD

For the first time in the history of the sport, a woman has been named as the most beautiful woman in the world. This is the title of the 1980 Miss Universe pageant, which was held in New York City on September 17th. The winner was the 23-year-old American, Jane Fonda. She was crowned Miss Universe by the 1979 Miss Universe, Barbara Bui. Fonda was the first American to win the title since 1957, when she was crowned Miss America.

COMMENT

It is a sad state of affairs that the United States has no national team in the world. This is the title of the 1980 Miss Universe pageant, which was held in New York City on September 17th. The winner was the 23-year-old American, Jane Fonda. She was crowned Miss Universe by the 1979 Miss Universe, Barbara Bui. Fonda was the first American to win the title since 1957, when she was crowned Miss America.

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Women's Gymnastics News

a new magazine published bi-monthly by The O.K. Fan Club

Contains stories of major national and international events and speculations in digging out news and information on the top stars. This new magazine features photos by the world's best gymnastics photographers, printed on top quality paper and articles by experienced journalists. Coming up is a bibliography of Olga Korbut, of interest to students doing term papers on her. Also tabulations to help you compare the achievements of various teams. Subscriptions are just \$4.00 per year, U.S.A., \$4.50 per year, foreign. Write for a sample copy.

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"Who's Who in Gymnastics"

WHO'S WHO'S IN GYMNASTICS

Compiled and published by the O.K. Fan Club

This "Who's Who" is a biographical directory of the world's top gymnasts. It contains names, birth dates, and other information. It is a valuable reference for anyone interested in the sport of gymnastics.

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*There's a comforting thought at the close of the day,
When we're weary and lonely and sad,
That sort of grip hold of the strings of our hearts
And kick us to merry and glad.*

*It gets in our heads and it drives out the blues,
And finally thrills through and through.
It's just the sweet melody that carries the refrain.
We're glad we touched your shoulders with ours!*

*Did you know you were great, did you know you were strong?
Did you know there were these hands here?*

*Did you know that we waited and listened and prayed
And were cheered by your angeli word?
Did you know that we longed for that smile on your face,
For the sound of your voice ringing true?
Did you know that we all became better because
We had made brotherhood with you?*

*We're glad that we live, that we battle and strive
For the place we all know we must fill.
We are thankful for sorrow, we'll meet with a grin
What fortune may send, good or ill.
We may not have wealth, we may not be great,
But we know we shall always be true,
For we have in our lives that occupies your place
With a love we've treasured throughout with you.*

Fig. 1. *Staphylococcus aureus* strains used in the study.

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11. *Journal of the American Medical Association*, 2000; 283: 2686-2692.

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1	Case-control	1995-1996	United States	Adults	1,000	85%	...
2	Cross-sectional	1997-1998	United States	Adults	2,000	90%	...
3	Case-control	1999-2000	United States	Adults	1,500	88%	...
4	Cross-sectional	2001-2002	United States	Adults	2,500	92%	...
5	Case-control	2003-2004	United States	Adults	1,800	89%	...
6	Cross-sectional	2005-2006	United States	Adults	2,200	91%	...
7	Case-control	2007-2008	United States	Adults	1,600	87%	...
8	Cross-sectional	2009-2010	United States	Adults	2,400	93%	...
9	Case-control	2011-2012	United States	Adults	1,700	86%	...
10	Cross-sectional	2013-2014	United States	Adults	2,300	94%	...

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